**Arlington Holistic Health**

**4304 SW Green Oaks Suite 150**

**Arlington, Texas 76017**

Wheat/Grain Allergy

Wheat allergies are one of the most common allergies found. Many patients (or their family members) with wheat allergies tend to have (or have a predisposition to) the following:

* Intestinal problems – mal-absorption, diarrhea, constipation, IBS, (ulcerative) colitis, colon cancer, Chron’s disease (any cancer of the GI tract). These disorders often lead to leaky gut syndrome, toxicity problems and/or general poor health.
* Nervous System disorders – depression or dementia, brain fog, brain chemistry imbalance, brain cancer, neurological diseases (M.S., A.L.S. -Lou Gehrig ’s disease, Parkinson’s, Myasthenia Gravis, etc.)
* Dermatitis and/or other skin problems
* Arthritis – an auto-immune disorder in which joint tissues are attacked and damaged by antibodies. This is in addition to other related and named conditions such as fibromyalgia and lupus.
* Thyroid disorder (auto –immune)
* Alcoholism
* Premature gray hair
* Child hyperactivity and/or Learning Disabilities (ADD/ADHD)

- Source: “Your Family Tree Connection” Chris Redding, MD: 1988, pg 155

* Addictive Personalities
* Abdominal bloating – tend to hold water and be thicker in abdominal area

Relation to Gluten:

* Sometimes wheat allergy sufferers are also allergic to gluten (one of the proteins contained in wheat).
* Wheat is a subgroup of gluten.

- There are several different grains, besides wheat, that contain gluten.

Grains Containing Wheat Grains Containing Gluten - AVOID

Whole Wheat Flour Whole Wheat Flour

White Flour White Flour

Semolina/Duram: Pasta Semolina/Duram: Pasta

Farina Farina

Kamut Kamut

Oats

Wheat-free Grains Rye

Corn Barley

Rice Barley Malt or Malted Barley

Spelt Spelt

Barley Malt or Malted Barley

Rye Gluten-free Grains- OK

Potato Corn

Amaranth Rice

Buckwheat Potato

Quinoa Amaranth

Millet Buckwheat

Oats Quinoa

Millet

*Common Foods Also Containing Wheat and Gluten: Majority of breads and cereals, pretzels, doughnuts, cookies, graham crackers, biscuits, crackers, rolls, muffins, hushpuppies, dumplings, frozen pies, macaroni, spaghetti, fried foods (battered), certain soy sauces and gravies, some soups and sauces. Gluten and wheat-free items are available at health food stores such as certain types of bread, pasta, cereals, cookies, etc. Use these foods…and not an excuse for cheating.*